



Chops-on-Top Pork & Stuffing Supper

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



413 kcal

SIDE DISH

Ingredients

- 3 large carrots thinly sliced
- 0.3 cup lite catalina dressing kraft
- 2 Tbsp grey poupon savory honey mustard
- 2 Tbsp butter
- 1.5 lb pork chop boneless trimmed well
- 2 large apples red unpeeled coarsely chopped
- 6 oz stove top stuffing mix for chicken
- 1.5 cups water

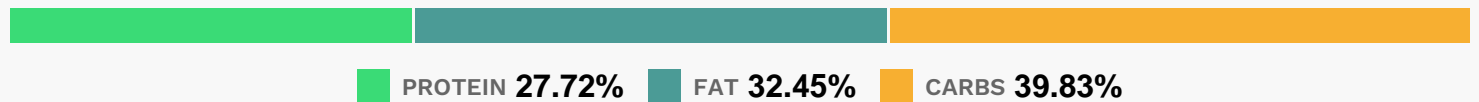
Equipment

frying pan

Directions

- Coat chops with mustard. Melt margarine in large deep nonstick skillet on medium heat.
- Add chops; cook 6 min. on each side or until done (145F).
- Remove from skillet; cover to keep warm.
- Add water, dressing and carrots to skillet. Cook 6 to 8 min. or until carrots are tender. Stir in apples and stuffing mix.
- Return chops to skillet; cover. Turn off heat.
- Let stand 5 min.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:23.848260983177%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 412.79kcal (20.64%), Fat: 14.64g (22.52%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 36.71g (13.35%), Sugar: 15.54g (17.27%), Cholesterol: 76.26mg (25.42%), Sodium: 678.94mg (29.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.25%), Vitamin A: 6226.33IU (124.53%), Selenium: 51.18µg (73.11%), Vitamin B1: 0.96mg (64.15%), Vitamin B3: 11.12mg (55.58%), Vitamin B6: 0.95mg

(47.35%), Phosphorus: 318.1mg (31.81%), Vitamin B2: 0.37mg (21.54%), Potassium: 689.41mg (19.7%), Fiber: 3.7g (14.8%), Zinc: 2.14mg (14.29%), Folate: 56.74µg (14.19%), Manganese: 0.25mg (12.69%), Magnesium: 49.59mg (12.4%), Vitamin B5: 1.08mg (10.85%), Iron: 1.84mg (10.25%), Vitamin B12: 0.61µg (10.19%), Copper: 0.18mg (8.84%), Vitamin C: 5.55mg (6.73%), Vitamin K: 6.7µg (6.38%), Calcium: 54.95mg (5.5%), Vitamin E: 0.77mg (5.14%), Vitamin D: 0.45µg (3.02%)